

# HEALTHY SC CHALLENGE

## FOR IMMEDIATE RELEASE

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### Healthy Holiday Eating

**Columbia, S.C. – December 20, 2005** – Researchers have reported that half of the weight Americans gain throughout the year is gained during the holidays. While we don't need to cut out our favorite holiday treats completely, we should be sure to exercise some everyday and monitor our food choices to fight holiday weight gain. Here are some tips to help you and your family eat healthier this season:

#### Beating the Buffet

- Don't starve yourself the day of the party, eat normally throughout the day so you're less likely to overeat at the party.
- Reduce portion sizes by limiting buffet trips and using a smaller plate instead of a large one.
- Wait 20 minutes before getting seconds. You'll often find you're no longer hungry.
- Alcohol is high in calories, make sure you limit your consumption.
- Instead of seconds on dessert, save calories by having a piece of fruit instead.
- Limit intake of high-fat, high sugar foods.

#### Meal Modification

- Cut down on saturated fat in creamy dressings by mixing in nonfat or low-fat plain yogurt.
- Enhance flavor by sprinkling food with vinegar or citrus juice. Add it at the last minute so the flavor is at its strongest.
- Substitute chopped vegetables for some of the bread in your stuffing recipe.
- Offer vegetables in addition to traditional side dishes at your holiday meals.

#### Safer Snacking

- Set out bite-sized, healthy snacks such as popcorn, raisins or nuts in brandy snifters or a similar-sized container. This reduces temptation to keep reaching for snacks because you'll have to pick up the glass and pour a few into your hand.
- Set out healthy snacks like roasted almonds. They're lower in calories and packed with protein and vitamin E. Other smart choices include fruit or low-fat yogurt.

#### Holiday Recipe Ideas

##### Leftover Turkey Salad

Add a few pieces of turkey to a generous portion of mixed greens, cucumbers, mushrooms, peppers, or any other vegetables you like. Sprinkle with dried cranberries for that authentic holiday taste.

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### **Cranberry Pie**

#### **Ingredients**

2 cups cranberries, whole	2 cups blueberries
1 cup sugar	3 tbsp flour
1 nine-inch ready-to-bake pie crust	

#### **Directions**

Mix berries. Combine sugar and cornstarch. Stir into mixed berries. Spread mixture into ready-to-bake pie shell. Bake at 425°F for 1 hour.

#### **Nutritional Information**

Grams of Fat – 1g	Carbohydrates – 36g	Sodium – 15mg
Calories – 150	Cholesterol – 0mg	Protein – 1g

### **Sweet Potato Pie**

from the Health-e-AME cookbook found at [www.health-e-ame.com](http://www.health-e-ame.com)

#### **Ingredients**

1 nine-inch graham cracker crust	1-2 tsp ground nutmeg
4 medium sized sweet potatoes	1/2 tsp salt
1 can (4 oz) fat-free sweetened condensed milk	1 tsp vanilla extract
1/2 cup Eggbeaters	

#### **Directions**

Bake sweet potatoes for about one hour or until soft.  
Cool, peel and place in a mixing bowl.  
Beat until smooth.  
Try to remove as many strings as possible.  
Add in the Eggbeaters, mix until well blended.  
Add the condensed milk, spices and vanilla extract, and mix well.  
Pour into graham cracker crust and bake 30-35 minutes at 350°F.

#### **Nutritional Information**

Grams of Fat – 11g	Carbohydrates – 56g	Sodium – 520mg
Calories – 350	Cholesterol – 0mg	Protein – 8g

#### **Sources:**

SC Department of Health and Environmental Control, Health-e-AME, Centers for Disease Control and Prevention, 5 A Day Program, U.S. Department of Health and Human Services, and the American Heart Association. Also, more Health-e-AME recipes can be found at: <http://health-e-ame.com/cgi-bin/cookbook/list.cgi>.

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*The Healthy SC Challenge is an outcome-based, cooperative effort to encouraging individuals, communities and organizations across the state to develop innovative ways to improve the health of South Carolina's citizens. For more information, please visit [www.healthysc.gov](http://www.healthysc.gov), or contact Meghan McGuire at 803-737-2325.*